



U.S. CONGRESSWOMAN LISA BLUNT ROCHESTER

COVID-19 INFORMATION RESOURCE GUIDE

Dear Friend,

I have heard from many of you about the concerns you have regarding the spread of the COVID-19 virus. In these difficult times, it is critical that everyone—federal and state officials, organizations, and communities—work together to get through it.

My priority is ensuring the well-being of Delawareans and the American people. As we continue to work in Congress to provide the appropriate resources to our state and local partners to fight the virus, I also want to provide my constituents with the resources they need to help stop the spread.

My office is following the guidance of the Centers for Disease Control and Prevention (CDC) and working remotely. However, I can assure you that we are still fully available to help during this time. You can reach us by phone at 202-225-4165 or 302-830-2330, or go to bluntrochester.house.gov/contact. When leaving a voicemail, please be sure to leave your first and last name, phone number, and email address. You can also monitor my social media channels for more information.

I will continue to provide regular updates on the COVID-19 response, but for the latest information, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) or www.cdc.gov/coronavirus/2019-ncov/index-sp for Spanish. You can also visit de.gov/coronavirus, or call the Delaware Department of Health and Social Services by dialing Delaware 2-1-1 (1-800-560-3372), 7-1-1 for individuals who are deaf or hard of hearing, or text your ZIP code to 898-211 with social service or health questions.

In addition, the Division of Public Health asks any Delaware health care, long-term care, residential, or other high-risk facility with questions or concerns to email: DPH_PAC@delaware.gov.

Below, I have compiled some practical, and I hope useful, resources for Delawareans. My goal is to help you stay up to date with the latest information and provide you with answers for any questions you may have.

May you stay healthy and safe.

Vaccine

The State of Delaware has opened up the COVID-19 vaccine to all Delawareans 16 years or older. You can register for the State of Delaware COVID-19 Vaccine waiting list [here](#). For more information on the COVID-19 vaccine please visit the [State of Delaware's vaccine webpage](#). You can also call the Division of Public Health Vaccine Call Center at 1-833-643-1715. The call center is open from 8:30 a.m. to 4:30 p.m., Monday through Friday, and from 10:00 a.m. to 4:00 p.m. on Saturday. Or email Vaccine@delaware.gov.

Mental Health Resources

In what is an incredibly stressful time for many Americans, it is important to maintain and manage mental health. The CDC has published [guidelines](#) to help you ensure your mental health—as well as your physical health—is a priority. For more mental health resources, please go [here](#). Below, you will find a list of mental health resources to assist you during these times. If you or a loved one is experiencing an addiction or mental health emergency, call DHSS' 24/7 Delaware Hope Line at 1-833-9-HOPEDE.

MENTAL HEALTH RESOURCES

Delaware Hope Line:

833-9-HOPEDE (833-946-7333)

Delaware Crisis Text Line:

Text DE to 741741

National Suicide Prevention Hotline:

1-800-273-TALK (8255)

Veterans Crisis Line:

1-800-273-8255, press #1

SAMHSA's National Helpline:

1-800-662-HELP (4357)



Prevention

We all have a responsibility to prevent COVID-19 from spreading as much as we can. Upon recommendations from the CDC and the Delaware Department of Health and Social Services (DHSS), Delawareans should take the commonsense measures listed below to protect themselves and their families:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Do not touch your face.
- Disinfect frequently used objects and surfaces using a regular household cleaning spray or wipe.
- Rely on trusted sources like the Delaware Division of Public Health, DHSS, and the CDC.

- Individuals who believe they have been exposed to COVID-19 should contact their health care provider. If you or a loved one is sick, please call your health care provider, or DHSS at 2-1-1 if you do not have a health care provider, prior to going to the doctor's office, emergency room, or urgent care center.
- Practice social distancing, maintaining six feet of distance from other people, if it is necessary to leave your home.
- The State of Delaware [requires](#) individuals to wear a face mask in public places. It is important to remember that wearing a cloth face mask is not a replacement for social distancing. You can read more about the guidance [here](#).
- While we face flu season at the same time as the COVID-19 pandemic, it is critical that we protect ourselves and those around us by getting a flu shot. Delawareans can go [here](#) to learn more about the flu shot, including where you can get yours and why it is so important.

To learn more about what you can do to prevent the spread of COVID-19, please visit coronavirus.delaware.gov/what-delawareans-can-do.

Medical Care

If you or a loved one is sick, please call your health care provider or DHSS at 2-1-1, if you do not have a health care provider, prior to going to a doctor's office, emergency room, or urgent care center.

COVID-19 has a wide range of symptoms, some similar to the common cold, such as a cough, fever, or shortness of breath. The CDC guidance on symptoms can be found [here](#). If you develop emergency warning signs—they include **difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion, inability to arouse, and bluish lips or face**—call 9-1-1 immediately.

Testing

Even as the vaccine reaches more and more people every day, it is still critical that we stay vigilant against COVID-19. Testing is widely available in Delaware. There are a number of permanent and pop-up testing locations throughout the state. For the full list of testing locations, please go [here](#).

Assistance for Workers

In Congress, my colleagues and I have passed, and the President has signed into law, four bills to assist Americans dealing with the economic consequences of COVID-19. On December 21, 2020, Congress passed [a third bipartisan COVID-19 relief bill](#) to provide more direct payments to Americans and expand unemployment benefits. On March 11, 2021, President Biden signed the [American Rescue Plan](#) into law to provide resources to defeat the virus, get vaccines in

people's arms, put money into families' pockets, return children safely to the classroom, and put Americans back to work.

- *Unemployment Benefits:* The State of Delaware expanded the eligibility for Unemployment Benefits during the COVID-19 pandemic, in addition to removing the waiting week to receive benefits. Delawareans can apply for Unemployment Insurance Benefits [here](#) and find an [FAQ](#) sheet from the Delaware Department of Labor.
- *Food Assistance:* Delaware's [Department of Health and Social Services](#) can help those without the resources to purchase food. Click [here](#) to view locations for school children to receive free meals they would have received organizations have committed to helping Delawareans maintain access to food during this time. at school.
- *Rent Assistance:* If you have experienced financial hardship due to COVID-19, you can apply for rental assistance [here](#).
- *Paid Sick Leave:* For information on COVID-19-related tax credits for paid sick leave, click [here](#).
- *Assistance for Non-Profits:* For loans available to non-profits, please click [here](#). Non-profits are eligible for the Paycheck Protection Program. Go [here](#) for more information.

We will continue to work on legislation that addresses the ever-evolving health and economic repercussions of this virus.

Assistance for Small Businesses

During this uncertain time, small businesses are some of the most impacted economically. Below are resources specifically for small businesses. We will continue to address the economic impact of COVID-19 on small businesses. For more information, please visit <https://business.delaware.gov/coronavirus/>.

- The Delaware Division of Small Business has compiled comprehensive resources for grants and loans available to Delaware businesses and non-profits, which can be found [here](#).
- The Small Business Administration (SBA) loan resources and guidance specifically for COVID-19 can be found [here](#). Visit Delaware's SBA website at www.sba.gov/offices/district/de/wilmington.
- Apply [here](#) for a disaster loan from the Small Business Administration.
- The CARES Act created loans through a new SBA 7(a) Paycheck Protection Program (PPP) can be forgiven when used for payroll costs (including paid leave, health care, and other costs) to retain workers, and other expenses such as rent, mortgage interest, and utilities. Independent contractors, sole-proprietors, and other self-employed persons are eligible for these loans. The PPP resumed for new applicants and will be open until **May 31, 2021**.

- For an FAQ for lenders and borrowers of the Paycheck Protection Program, click [here](#).
- The U.S. Chamber of Commerce has prepared a small business owner's guide to the Paycheck Protection Program (PPP), click [here](#) to read more.
- Click [here](#) to visit my Small Business Resource page for further information.
- The Delaware Division of Small Business is offering funds to small businesses and non-profits in the hospitality industry affected by COVID-19. To learn more about and to apply for the Hospitality Emergency Loan Program (HELP), please click [here](#).
- New Castle County and the State of Delaware have joined together to assist small businesses and nonprofits in Delaware to create the Delaware Relief Grants from CARES Act funding. You can learn more about these grants and apply [here](#).

Economic Impact Payments

The [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) created the first round of direct payments for the American people as they deal with the economic effects of COVID-19. A third round was issued on March 11, 2021, in the [American Rescue Plan](#). If you did not receive your first or second check, you will need to file the Recovery Rebate Credit to claim it on your 2020 tax return. You may contact my office for any questions you have regarding your EIP.

- The United States Treasury and the IRS [announced](#) that Social Security beneficiaries who typically do not file a tax return **will not** be required to file one to receive their Economic Impact Payment. For more information from the IRS, please click [here](#).
- Individuals who typically do not file taxes, can go [here](#) for more information and to register to receive their payment.
- The American Rescue Plan, signed into law on March 11, 2021, issued the third round of Economic Impact Payments. You can find questions and answers on the third payments [here](#).
- The IRS and Treasury recently launched a new tool to track your Economic Impact Payment, which you can access here: irs.gov/coronavirus/get-my-payment.
- For an FAQ on the Economic Impact Payments, including information on the 'Get My Payment' page, click [here](#).
- Your payment may be sent via prepaid debit cards in unmarked envelopes from the IRS. For information on these prepaid debit cards, you can go here: www.eipcard.com.
- If you were eligible and did not receive either of the full Economic Impact Payment amounts, you can claim the [Recovery Rebate Credit](#) on your 2020 tax return.

Education and Childcare

The most up-to-date State of Delaware guidance on childcare, schools, and universities can be found [here](#).

The State of Delaware announced in August that [schools will be permitted to open in a hybrid scenario](#). The decision on whether to open in a hybrid scenario or virtually has been left up to

the individual school districts. Please consult your school district's website to find more information your child's school. You can also visit the [Delaware Department of Education's website](#) for more information.

The Delaware Department of Education has provided several resources to deal with the extended period of time students will not be attending school.

- *Child Nutrition Sites*: Click [here](#) to view locations for school children to receive free meals they would have received at school. For Spanish, click [here](#). For Haitian Creole, click [here](#).
- *Free Learning Activities*: Free learning activities for students can be accessed [here](#).

Taxes

Tax season officially began on **February 12, 2021**. The [Federal](#) and [Delaware State](#) tax deadline has been moved to **May 17, 2021**.

The IRS recommends filing electronically and selecting direct deposit to receive your tax return as quickly as possible. Direct deposit is safer, more secure, and quicker than receiving your return through the mail. I recently hosted an information session on filing your 2020 taxes with representatives from the Delaware Taxpayer Advocate Service and the IRS. You can access it on Facebook [here](#).

Social Security

All Social Security Administration (SSA) field offices are closed to the public for in-person visits but will remain open for phone and [online service](#). This may lead to delays in service, but benefits will not be affected. While SSA offices are closed to the public, you can still call 1-800-772-1213 (TTY 1-800-325-0778).

Please go to www.ssa.gov/coronavirus or www.socialsecurity.gov/ask for more information.

Travel

The CDC has issued guidance recommending you [stay home](#) as much as possible, especially if your trip is not essential, and [practice social distancing](#), especially if you are at [higher risk of severe illness](#). Don't travel if you are sick or someone in your travel party is sick. You can read more about CDC travel guidelines [here](#).

If you have been vaccinated, you can review the CDC's travel guidelines [here](#).

For international travel, the Department of State advises U.S. citizens to avoid international travel, if possible, due to the global impact of COVID-19. To access the latest travel advisories from the State Department, go to the [State Department's Website](#).

Consumer Protection

In Delaware, price gouging during a State of Emergency is [illegal](#). Please report any incidents of price gouging, scams, or fraud by filling out a [consumer complaint form](#), along with sending supporting documentation to consumer.protection@delaware.gov. Please call the Department of Justice's Consumer Protection hotline, 1-800-220-5424, with any further questions. Click [here](#) to read more about what you can do to avoid scams.

Information on Delaware Correctional Facilities

Delaware Department of Corrections is taking precautions to protect their staff, individuals in their custody, and officers. To learn more about the actions being taken by the Delaware Department of Corrections you can visit their website [here](#). To contact the Department directly with questions or if you need assistance, please email doc_askdoc_mail@delaware.gov.

General Information

It is important that we all stay informed about COVID-19. The World Health Organization (WHO) has compiled a list of COVID-19 related myths [here](#).

Updates from State of Delaware

Please go to news.delaware.gov for the most recent COVID-19 updates from the State of Delaware.

CORONAVIRUS (COVID-19)



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

QUARANTINE vs ISOLATION?

SOURCES:

CENTERS FOR DISEASE CONTROL & PREVENTION

QUARANTINE

Separates and restricts the movement of people who possibly have been exposed to coronavirus (COVID-19) to see if they become sick. People in self-quarantine do not have symptoms (asymptomatic).

Others living in the home, who are not under quarantine, can go to work, buy groceries, pick up prescriptions and monitor people being quarantined. They also will disinfect commonly used surfaces, do laundry and wash their hands frequently.

People under quarantine are asked to:

- Self-quarantine for 14 days, the presumed incubation period for the virus.
- Refrain from work, shopping, eating out, worship and other outside activities.
- Have no visitors and keep 3-6 feet away from family members.
- Monitor their health and call their doctor if they develop symptoms.
- Remain at home unless they need a doctor or emergency services. And then call ahead to alert the health care provider.



ISOLATION

Separates people who are ill with COVID-19 from people who are not sick. People in self-isolation are a danger to their family and visitors. Their health must be monitored carefully in case it deteriorates.



People in isolation MUST:

- Stay in a separate room from other people in their home.
- Use a separate bathroom.
- Have no visitors and keep 3-6 feet away from family members.
- Cough or sneeze into a tissue and dispose of the tissue in a lined trash can. Then, immediately wash their hands with soap and water for at least 20 seconds.
- Wash their hands frequently, even if they haven't coughed or sneezed.
- Avoid touching their eyes, nose and mouth with unwashed hands.
- Not share dishes, cups utensils, towels or bedding with anyone; wash these items after they are used.
- Disinfect commonly used surfaces such as countertops, desktops, phones, keyboards, TV remotes and more.
- Not take the bus, a ride-sharing service or taxi.
- Wear a face mask if they must be around people at home, or in a car on their way to a medical appointment (after calling ahead). If they don't have a face mask, use a scarf or other garment.

Questions?

For information contact us at 1-866-408-1899 or email dphcall@delaware.gov.

People with a hearing impairment can call 7-1-1

de.gov/coronavirus

Created 3/16/2020